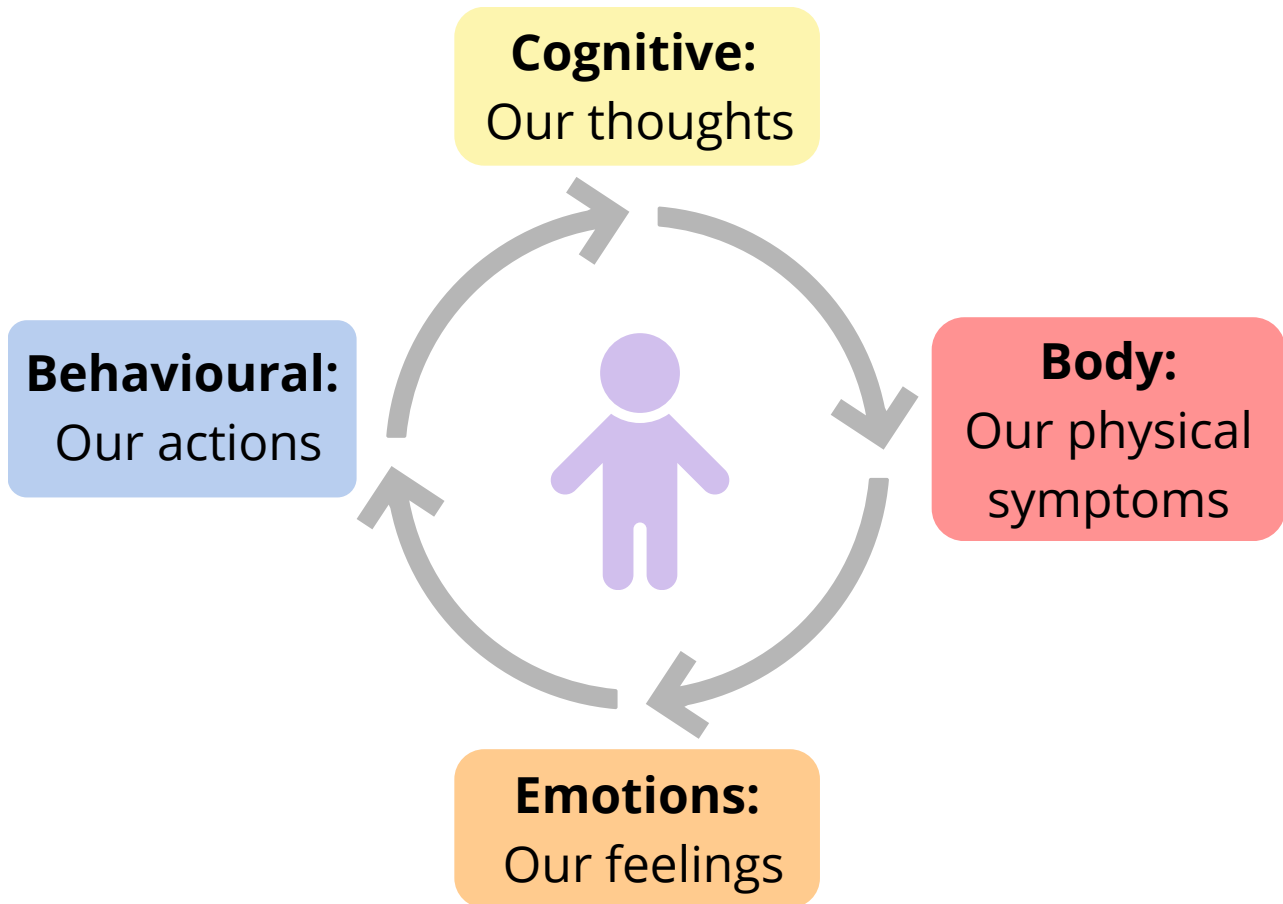


WHAT IS CBT? (COGNITIVE BEHAVIOURAL THERAPY)

The way we **think**, **feel** and **behave** are all connected.



CBT is a way of helping children and young people to overcome problems with low mood and/or anxiety. There is a lot of evidence and research to show that CBT can help to feel better.

When we are feeling anxious and/or low in mood, we can get stuck in a cycle of negative or unhelpful thoughts, feelings and behaviours.

CBT teaches us how to break the cycle and how we can change our thoughts and behaviours so that we start to feel better. It is a short-term, skills based approach, which means you will learn new skills in our sessions, and when you practice these over and over, you will start to see an improvement in your mood and the impact of your thoughts!